

PE Department News.

U11's Football vs Heathfield (A)

Bowbrook put on a magnificent display of clinical finishing to run out 11-1 winners against Heathfield Knoll U11s in a match that got away from the hosts early on.

Heathfield drew first blood with an early goal, but Bowbrook hit back immediately and never looked back. Oliver B got Bowbrook off the mark, Aadil H added another, before Oliver B struck again to make it three. Ben R and Aadil H then combined to give Bowbrook a commanding 5-1 lead at the break.

The second half was all Bowbrook. Max A opened his account, Rory J then put on a show with a superb hat-trick, and Max A grabbed his second to cap off a fine personal performance. Ben R rounded off the scoring to seal a thoroughly impressive away victory.

A tough day for Heathfield Knoll, but plenty to learn from — heads up and on to the next one!

U11's Netball vs Heathfield (A)

On Monday, the under girls travelled to Heathfield. It was the under 11's first time playing full 7 aside netball. All the girls worked together as a team. Olivia started the game off with a centre pass, she connected play with Eva who was able to work with her WA Summer to get the ball towards the goal, with the first shot just hitting the edge of the net it bounced back off into play where Heathfield picked it up. Our defence were ready to go Francesca held her player well, making sure she didn't get past. However, the defence were overloaded with Heathfield attack and had a clean shot on goal. The Under 11's didn't let their heads drop and carried on battling through.

Even though this was the girls first time playing 7 aside netball, they picked up the positions well and quick. Mabel tried WD for the first time which helped us to clear the ball high and far with her big overhead throws down the court. Eva was dodging her defender well and made sure to communicate with her teammates of where she would like the ball. With the ball going off the back line, it was a Heathfield ball this meant that the girls had to drop back and support their defenders, as the ball travelled down the court there was a simultaneous grab between Olivia and a Heathfield player. This allowed the Bowbrook girls to experience their first toss up during a game. Olivia stepped up to the challenge and went face to face with the Heathfield shooter ready to jump and grab the ball as soon as it leaves the umpires hands. Olivia managed to grab the ball and pass it out of our defending third.

With the last 10 minutes to go the girls changed their play and each of the girls tried a new position. This allowed us to move and adapt differently. Bowbrook got the ball into the D and was determined on getting a goal. All the

girls worked hard together and should be very proud for taking big steps and starting to play 7 aside netball. Well, done girls. The player of the match was rewarded to Francesca.

ISA U16's National Netball @ Nottingham University

The U16 Netball team travelled to the University of Nottingham on Tuesday for the National Netball Competition. 20 schools from across the country were competing with Bowbrook taking on schools from Manchester, Essex, London, Warwick and South End.

The team progressed from their group stage in fourth position taking them into the plate competition, after a very close first half the opponents sped away to take the win. The Bowbrook girls represented themselves with grit and determination but were playing against some extremely strong



competition, including players from U17 Manchester Thunder and an U17 England netball GK, not just school netball players. Well done.

U16's Football vs Bredon (A)

Bowbrook U16s faced a challenging evening on Wednesday as they travelled to take on a strong Bredon side. With several players stepping into unfamiliar roles, the first half proved difficult. Bredon capitalised on their early momentum, and despite Bowbrook's determination, the team found themselves 5–0 down at the break.

What followed, though, was a second half full of character. Bowbrook regrouped, tightened their shape, and began to grow into the game. The boys created far more attacking opportunities, showing confidence on the ball and a willingness to push forward. Defensively, the improvement was clear too, with the team conceding only twice more in the second period.

Although the match ended 7–0 to Bredon, the second-half performance highlighted Bowbrook's resilience, adaptability, and team spirit. With players learning new positions and showing real fight after a tough start, there were plenty of positives to build on for the games ahead.

U16's Netball vs Bishop's Perowne (A)

The under 16 girls travelled to Bishops on Wednesday. The first centre pass was won by Bishops meaning from the offset our Bowbrook defence were put under pressure. Lucy in GK was resilient and jumped energetically around the

pitch catching the rebounds and marking the Bishop girls tight. She worked closely with Lottie who was in GD. They both blocked their players out of the game and made sure to clear the ball out of their defending third and to Chloe and Emma who were waiting and ready to receive the ball and get it down to our shooting end.

The link up plays between, Chloe.M and Chloe.D allowed Amelia to get into the D and move her defender into space. This allowed her to be able to be under the net ready to have a shot. This opened the play massively, Poppy utilised moving back and forth so she could get into the correct position to have a shot on goal. With the goal going in we went back to a Bowbrook centre pass. The centre pass was taken quickly and was utilised by our attack with the ball going straight to Amelia and then into Chloe.M who was waiting to receive in the 'pocket.' The ball looped over the Bishops defence and into Poppy who had a clean shot.

Bishops at half time had a full team change around which meant that the girls had to be ready on their feet to be prepared to read the new game play. With Lottie in centre, she was able to read the play and intercept the ball often allowing the ball to end up in our attacking third. As the ball was overshot by Bowbrook the Bishop girls came into possession. This meant our defence had to get ready to put the pressure on and stay tight. With Lucy and Chloe.D marking their players as well as swapping around the court as to who should mark the shot, they were able to block the goals. The final score was 16-8 to Bowbrook and the players of the match were rewarded to Emma and Amelia.

U12's Football vs Heathfield (A)

Bowbrook U12s travelled to Heathfield for an exciting five-a-side clash played over two energetic 12-minute halves. The game was tightly contested from the first whistle, with both sides showing strong defensive discipline and quick attacking play.

Bowbrook took the lead thanks to Oscar B, who found the net with a well-taken finish. Heathfield pushed back, but Bowbrook's organisation at the back held firm until a moment of misfortune saw a rebound off the Bowbrook goalkeeper roll into the net, bringing the match level.

Determined not to let momentum slip, Bowbrook pushed forward, and once again Oscar B delivered—scoring his second goal of the match and restoring the lead.

Despite late pressure from Heathfield, Bowbrook held on to secure a 2–1 victory, showcasing teamwork, resilience, and clinical finishing from their standout scorer.

U14's Football vs Heathfield (A)

The U14s followed with their own high-tempo five-a-side match, also played over two 12-minute halves. The first half proved challenging for Bowbrook, as

Heathfield came out strong and managed to score four goals before the break.

Bowbrook responded well, keeping their composure and hitting back with two well-earned goals from James L and Alfie B, reducing the deficit to 4–2 at halftime.

The second half saw both teams continue to attack with intensity. Heathfield extended their lead with three additional goals, but Bowbrook showed great determination and fought until the end. Their efforts were rewarded with two more goals—one from Alfie B, completing his brace, and one from Josh Smith, who finished clinically to add Bowbrook's fourth of the match.

Despite their strong attacking performance, Bowbrook couldn't close the gap, and the match ended in Heathfield's favour.

U14's Netball vs Kingham Hill (H)

The under 14 girls played against Kingham on Thursday. The girls straight away on the first whistle were ready to go. They utilised Poppy's skill in centre to get the ball out to Penny. The next pass was ready and waiting as Penny was able to link up play nicely with Ruby, this allowed Penny to run straight to D to get in a good shooting position. Penny straight away was focused and ready for the shot as well as having support from Amelie to collect any rebounds where necessary. With the shot being scored it was a Kingham centre. The girls had to be tight on their defence as they moved fast around the court. However, our defenders were ready and utilised their defending skills as Liv in WD was able to jump and block the Kingham pass from getting into their attacking third.

With the Bowbrook girls taking an early lead, Kingham changed their game play. This put pressure on our Bowbrook defence however, they stayed strong and always battled out to the end. Bea and Rose worked well together to track their plays and follow them back to the D where they were able to mark the shot. With Bea's reach she was able to put the shooters under pressure. Rose was there to support Bea in defence and managed on multiple occasions to grab the rebounded shots.

After half time the girls went in with different techniques, they understood that Kingham were able to read their play. GD was tight on Penny which meant that we needed to move the ball around and back in to try and utilise getting a shot on goal. With Penny and Amelie communicating it helped them to be able to move forwards and backwards opening play for each other. This skill allowed the girls to have a clean shot and score the goals. All the girls worked as a team and offered positivity during the team talks. The final score was 24-8 to Bowbrook. The players of the match were rewarded to Amelie and Jess.

Upcoming Fixtures – Team sheets will have been sent home via engage and are displayed outside of the school hall. Please check the details and contact Mr Swain if there are any questions.

Monday 16th March

U11's Football vs Bredon (H)

Tuesday 17th March

U11's Football vs Tettenhall (H)

Wednesday 18th March

Thursday 19th March

Friday 20th March

ISA Midlands U14's Netball @ St Dominic's

GCSE Football Moderation

U15's Netball vs Heathfield (A)

U13's Girls Indoor Cricket vs KSW (A)

GCSE Athletics Moderation